

An information recording medium has a plurality of stacked recording layers. Each recording layer has a spiral track which defines a plurality of rounds, and at least one index header aligned in the radial direction of the disk to partially intercept the spiral track. The index header has address data of each round of the spiral track, which is formed by embossed pits, and some or all of the index headers of the first and second recording layers are laid out to overlap each other when viewed from the predetermined surface.